



ALEXANDRIA DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES  
Recreation Services Division – Sports Section

**7 - 8 YEAR OLD TRACK and FIELD PROGRAM REGISTRATION**  
**Local Track Meet, Saturday, May 18, 2013 – TC Williams High School Track**  
**Registration Deadline: May 1, 2013**

**Please Print**

Name \_\_\_\_\_  
(Last) (First) (Middle Initial)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Age (as of December 31, 2013) \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

E-Mail Address \_\_\_\_\_

**Participants may sign up for one, two or all three of the following events. Please check off the events you wish to participate in.**

**Boys 7-8**

1. 50 Meter Dash \_\_\_\_\_

2. Standing Long Jump \_\_\_\_\_

3. Softball Throw \_\_\_\_\_

**Girls 7-8**

1. 50 Meter Dash \_\_\_\_\_

2. Standing Long Jump \_\_\_\_\_

3. Softball Throw \_\_\_\_\_

In consideration of the City of Alexandria, Department of Recreation, Parks and Cultural Activities, conducting various programs and allowing \_\_\_\_\_ to participate, the undersigned, realizing the risk of injury attendant to such programs, does/do hereby release and forever discharge the City of Alexandria, its officers, agents and employees including but not limited to the Department of Recreation and its supervisors, from any and all actions, causes of action, claims and demands for, upon or by reason of any injury which hereafter at any time may be sustained by participation in such programs. The participant has had a physical exam within the last 12 months and is physically capable of competing in the sport of Track and Field Program. I also give the Department of Recreation permission to verify the participant's birth date at his/her school.

\_\_\_\_\_  
**Signature of Parent or Guardian**

\_\_\_\_\_  
**Date**

**FOR CITY OF ALEXANDRIA RESIDENTS ONLY.**

**Parent or Guardian must sign this form and return it to your neighborhood recreation center or to the Sports Office at 1108 Jefferson Street, Alexandria, VA 22314.**

**Registration deadline is May 1, 2013. For information call the Sports Office at 703.746.5402 or go on the web site at [www.alexandriava.gov/recreation](http://www.alexandriava.gov/recreation).**